



Presentation Title: Prescriptions beyond the pharmacy: How social prescribing builds connections with community and offers a holistic, person-centered approach to wellbeing

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Websites & Web Links

Link	Notes
<u>WHO – Toolkit on how to implement social prescribing</u>	This toolkit introduces social prescribing at the community level, and outlines the steps required to introduce a social prescribing scheme and includes sample materials which can be adapted to the local context. It can be used by implementing organizations, community healthcare and long-term care facilities, mental health, and healthcare workers among others. Policy-makers and health and social welfare authorities may also find this resource useful for scaling up community interventions.
<u>NHS – Social Prescribing and Community-Based Support: Summary Guide</u>	This Social Prescribing Summary Guide is intended for people and organisations leading local implementation of social prescribing. It describes what good social prescribing looks like and why social prescribing improves outcomes and experiences for people, their families and carers, as well as achieving more value from the system. It also details social prescribing connector schemes from the UK, the birthplace of social prescribing.
<u>Alliance for Healthier Communities – Social</u>	It was created from practices and lessons learned through the “Rx Community”

Prescribing Guidebook	Ontario Pilot program of social prescribing in Ontario. It includes key steps and recommendations for the planning and resourcing of social prescribing programs, developing the actual programs, how to engage staff and community partners, and volunteers, and how to collect data and evaluation the program and disseminate these results.
Canadian Institute for Social Prescribing (CISP)	The CISP website includes many resources for those wanting to learn more about social prescribing, including reports on evidence and impact of social prescribing, toolkits and guides for implementing social prescribing, and social prescribing assessment and care-plan creation conversation guides for healthcare workers.

Videos & TED Talks

Link	Notes
https://www.youtube.com/watch?v=-FoSKUJ17Qc	What is a Compassionate Community
Why Compassion Matters	Dr. Julian Able why compassion matters

Books, Peer-reviewed Articles, White Papers

Resource Title & Link	Notes
<p>Abel J, Kingston H, Scally A, et al.</p> <p>Reducing emergency hospital admissions: a population health complex intervention of an enhanced model of primary care and compassionate communities.</p>	<p>Methodology overview: Patients from a retrospective cohort were identified using broad criteria, including anyone giving cause for concern. Patient-centered goal setting and care planning combined with a compassionate community social approach was implemented broadly across the population of Frome, England.</p>

<p><i>The British journal of general practice : the journal of the Royal College of General Practitioners.</i> 2018;68(676):e803-e810. doi:10.3399/BJGP18X699437</p>	<p>Implications: This study represents a successful intervention that reduced hospital admissions and health system costs at a population level. However, there are remaining questions around which aspect of the intervention worked in which ways, and the extent to which this intervention could be applied to new locations.</p>
<p>Napierala H, Krüger K, Kuschick D, Heintze C, Herrmann WJ, Holzinger F. Social Prescribing: Systematic Review of the Effectiveness of Psychosocial Community Referral Interventions in Primary Care. <i>International Journal of Integrated Care.</i> 2022;22(3):1-16. doi:10.5334/IJIC.6472</p>	<p>Methodology overview: Systematic review with an international focus, searching a number of databases and including a grey literature search. Focus was on adults with actual or assumed need for psychosocial support or counselling. Interventions were eligible if they included a community referral intervention aimed at psychosocial support or counseling and if the referral was initiated by an outpatient HCP.</p> <p>Implications: This study aligns with previous studies that caution is needed when interpreting the evidence base, as much of it may be prone to bias. Generally, shortfalls of the evidence include lack of controls, missing data, short follow-up times, non-standardized measurements, and unsatisfactory confounder controls. However, beneficial effects across many outcomes were commonly reported, with greater benefits reported from uncontrolled studies with shorter follow-ups compared to controlled studies or studies with longer follow-ups.</p>
<p>Skivington K, Smith M, Chng NR, Mackenzie M, Wyke S, Mercer SW. Delivering a primary care-based social prescribing initiative: a qualitative study of the benefits and challenges. <i>The British Journal of General Practice.</i> 2018;68(672):e487. doi:10.3399/BJGP18X696617</p>	<p>Methodology overview: Semi-structured interviews with 30 community representatives and community link workers.</p> <p>Implications: This study emphasizes the important role that link workers play in improving the visibility of community organizations, and fostering relationships and collaboration between community organizations, patients, and the health system.</p>
<p>Chatterjee HJ, Camic PM, Lockyer B, Thomson LJM.</p>	<p>Methodology overview: Systematic review of primary research material evaluating SP schemes published from 2000-2015.</p>

<p>Non-clinical community interventions: a systematised review of social prescribing schemes.</p> <p><i>Arts and Health</i>. 2018;10(2):97-123. doi:10.1080/17533015.2017.1334002</p>	<p>Implications: Outcomes included increases in self-esteem and confidence; improvement in mental well-being and positive mood; and reduction in anxiety, depression and negative mood. Despite positive findings, there are a number of gaps in the evidence base, and consideration is needed for future evaluation and implementation of referral pathways.</p>
<p>Book: Creating Community Health Interventions for Sustainable Healthcare</p> <p>Simon Lennane 2023</p> <p>ISBN 9781032140971</p>	<p>This important book explores how community-based interventions can bridge the gap between health services and the voluntary sector to create more sustainable, healthy communities.</p> <p>Moving beyond a technologically driven, medicalised approach to healthcare, the book shows how social prescribing can provide a direct pathway to improving community health, embracing connection and challenging inequality. Written by a practicing GP, and illustrated through practical guidance, it demonstrates how this can offer a cost-effective, preventative means to improving health outcomes, enabling communities to be more resilient when confronting major issues such as climate change or pandemics.</p> <p>Building to a case study of how these methods were used in one town, Ross-on-Wye, the book will be invaluable reading for those working in healthcare, public health, local authorities, and the voluntary sector, as well as students and researchers interested in these areas.</p>